

When we say...that's so [R-word]!

What we could say instead is...

When we say... that's so lame!

What we could say instead is...

When we say... she was blind to the facts of the situation.

What we could say instead is...

When we say... the director's announcement fell on deaf ears.

What we could say instead is...

**When we say...the campers are driving me
crazy/insane/mental!**

What we could say instead is...

When we say... I'm so OCD about how I fold my clothes.

What we could say instead is...

When we say... I'm so ADD today.

What we could say instead is...

**When we say... I'm going to help you cross the street
[grabs elbow of person with a service dog without
waiting for a response.]**

What we can say/do instead is...

When we say (during prayer)...please rise.

What we could say instead is...

When we say...everyone has to participate- this isn't hard!

What we could say instead is...

**When we say...you don't look like you have a disability-
you seem so normal!**

What we could say instead is...

When we say... my campers with disabilities are inspirational!

What we can say instead is...

Your turn! What other things do we say/do that have ableist connotations without thinking about it?

When we say/do... What we could say/do instead is...